“Eating fruits and vegetables with Regie is cool!”
— Teacher

“Regie’s Rainbow Adventure is an 8-week nutrition, physical activity, and oral health program where kids travel with Regie, the broccoli superhero, to different islands based on the colors of the rainbow. He meets new fruit and vegetable friends and earns his power stripes by eating healthy and being physically active.”

Take-home handouts share what children are learning in class and include recipes, poems, and ideas for physical activities. The National Kidney Foundation of Michigan developed the evidence-based program specifically for early childhood providers to share with young children.

“Establish Healthy Nutrition and Wellness Habits for Young Learners with Regie’s Rainbow Adventure®”

Questions?
Email us at regie@nkfm.org
Or visit www.RegieRainbow.org

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NKFM offers prevention-based programs for children and families with the goal of teaching and empowering them to adopt healthy lifestyles to prevent chronic diseases later in life, such as diabetes and kidney disease.
Why Choose Regie’s Rainbow Adventure® for Your Classroom?

- 82 percent of parents reported an increase in their children’s fruit consumption.
- Parents reported a significant decrease in children’s TV time and time playing video games.
- Parents reported a significant increase in the number of hours their children were physically active.
- 75 percent of parents reported an increase in their children’s veggie consumption.

Supports all early learning domains, including literacy, social–emotional development, and scientific understanding.

Aligned with a number of curriculum offerings and quality standards, including NAEYC requirements and the Head Start Child Development and Early Learning Framework.

Successfully implemented by more than 350 diverse partners, including local Head Starts, daycares, preschools, and libraries.

One curriculum package includes:
- Access to online training videos
- 8 Regie® Books
- Teacher’s Manual
- Tote Bag
- Small Regie® Poster
- Regie® Intro Poster
- Name Chart Poster with Stickers
- Fruit and Veggie Cards
- Regie® Puppet

RETAILS FOR $350

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